

JUNE

Week 3



LESSON PLAN #6

Welcome to the sixth lesson of the Junior Garden Club! In the last lesson we learned about the importance of soil and its different components.

Check your knowledge!

1. **True or False:** Soil is one of our planet's most important natural resources.
2. **True or False:** Soil is made up of three different particles.
3. **True or False:** The size of the particles in the soil does not matter.
4. **True or False:** Plants do not need any nutrients to grow.

Answers are on the next page.



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Gardening tasks

Have you noticed any changes with your plant? Can you see any signs of growth? Fill in your plant growth chart to keep track of the growth of your plant.

Make sure to water your plant and don't let the soil get too dry or wet!

You may also need to start thinning your plants if you choose to directly plant seeds into the garden.

What is thinning?

Thinning plants is done by removing plants that are growing too close together. This will give plants room to grow so that they can receive the right amount of moisture, nutrients, air, and sunlight, without having to compete with other plants.

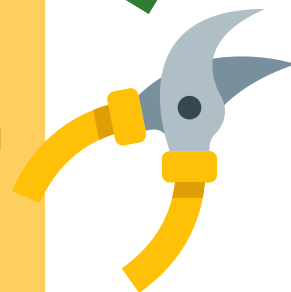
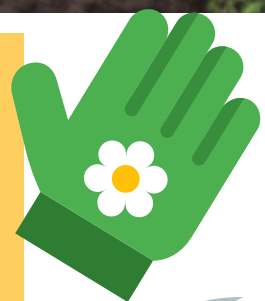
Seed packages will indicate how far apart your plants need to be. Seedlings should have at least two pairs of leaves and be about 3–4 inches tall before thinning.

Click [HERE](#) to watch a video on how to thin your plants:



Answers

1. True. Soil has many different uses.
2. True. Soil is made up of sand, silt, and clay.
3. False. Sand (the largest particle) will allow for more space between each particle and water will flow through too fast. Clay (the smallest particle) will allow for less space between each particle and water will not flow through as well.
4. False. Plants need soil nutrients to grow. Nutrients in soil come from fertilizer, manure and organic sources (such as compost).



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Background: Food Waste

Food waste happens when food is thrown away instead of being eaten. One-third of all food produced globally is wasted. Canadians throw out more food than they realize. In some countries, food is lost to unreliable transportation and storage. In other countries, like Canada, food is over consumed (we eat too much) and thrown out because we take too much. When we throw out our food, we also waste the money that we spent to buy it, fuel and labour to produce it, water and soil to grow it and nutrients that someone else could have eaten.

It is up to agriculture to feed a population growing from 7 billion to 9.8 billion in 2050!

As your plants start to grow, think about the parts of the plant that might be wasted. Have you ever tried eating the green leaves that grow above the ground? Or what about the top of the vegetable that has the stem? Have you ever tried making a beet leaf salad or a carrot top pesto? These are parts of the plant that a lot of people throw in the compost but actually make delicious additions to cooking in the kitchen!

List parts of the plant that you could cook with that you would normally dispose of:

Activity: Learn About Food Waste

1. Learn what it takes to bring your food to you. Click [HERE](#) to watch a short video called “Life of a Strawberry” and follow the journey of a strawberry from the farm to the refrigerator.
2. Imagine you are the strawberry. Take out a separate piece of paper and draw a comic describing your journey. Remember to include your thoughts and feelings about the things happening to you!



Do you want to learn more about what you can do to reduce food loss and waste?
Visit our Food Waste Lab and download our publications [HERE](#).



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References:

Seed Survivor by Nutrien—Virtual Seed Survivor Presentation

<https://seedsurvivor.com/just-for-teachers/virtual-seed-survivor-presentation/>

Gardening Know How—Thinning Seedlings: Tips for How to Thin Plants

<https://www.gardeningknowhow.com/garden-how-to/propagation/seeds/thinning-seedlings.htm>

Get Busy Gardening—How & When to Thin Out Seedlings

<https://getbusygardening.com/how-to-thin-seedlings/>



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